

## Signs of Swallowing Disorders, (Dysphagia) in Adults

Those in your care do not need to be aspirating violently to be suffering from dysphagia.

We have therefore listed some of the key signs that can indicate someone is struggling with normal “free flowing” drinks and needs to have them slõwed down so they can drink safely.

- Frequent repetitive swallowing
- Excessive throat clearing
- Gurgly voice after eating
- Horse voice or recurrent sore throat
- Hesitation or inability to swallow
- Difficult or painful swallowing
- Constant feeling of a lump in the throat
- Food coming up through the mouth or nose
- Chest pain or discomfort when swallowing
- Recurrent episodes of pneumonia
- Frequent heartburn
- Unexpected weight loss
- Necessity to “wash down” solid foods
- Food or acid backing up the throat
- Coughing during or after swallowing

## Signs of Dehydration in Adults

Anyone that suffers from dysphagia is at increased risk of dehydration.

We have therefore listed the key signs that can indicate they need to drink more.

**Please remember that thirst is not a good indication of dehydration. Thirst begins after mild dehydration has already occurred.**

- Dry mouth
- Chapped or dry lips
- Dry eyes
- Dry loose skin with a lack of elasticity
- Sunken features, particularly eyes
- Clammy hands and feet
- Headaches
- Light headaedness
- Dizziness
- Confusion and irritability
- Loss of appetite
- Burning sensation in the stomach
- Tiredness
- Low urine output

**Conditions known to present with dysphagia as a secondary symptom.**  
Slõ Drinks® have been slowed down to aid recovery, ensure regular fluid intake and keep your clients healthily hydrated.

- A** Accoustic Neuroma  
\***Alzheimer's disease**  
Achalasia  
Achromatopsia  
Adenoleukodystrophy  
Amyloidosis, inflammatory  
Amyotrophic lateral sclerosis 2-8  
Arnold-Chiari Malformation Type 3  
Arsenic poisoning  
Autonomic nerve disorders  
Autonomic neuropathy  
Avelli's syndrome
- B** Bulbar palsy  
Botulism  
Bulbar paralysis  
Brain Tumours  
Babinski-Nageotte syndrome  
Barrett's oesophagus  
Basal ganglia disease, biotin responsive  
Basilar artery insufficiency syndrome
- C** Chagas' disease  
Central pontine myelinosis  
Calcinosis-Raynaud's sclerodactyl-telangiectasia syndrome  
Candida Albicans  
Cricopharyngeal dysfunction  
\***Cerebral palsy**  
Cushing syndrome  
Central nervous system infections  
Canomad syndrome  
Carcinoma of the vocal tract  
Carotid Paraganglioma  
Chordoma  
Chromosome 22 Ring  
Chromosome 22 trisomy mosaik  
Congenital bronchogenic cyst  
Crohn's disease of the oesophagus
- D** Diphtheria  
Diverticulum  
Diffuse Oesophageal spasms  
Dermatomyositis  
Diffuse systemic sclersi  
Dystonia 12  
Dystonia with cerebellar atrophy
- E** Eppiglotitis  
Eagle's syndrome  
Emanuel syndrome
- F** Fosmn syndrome  
Franek-Bocker-Kahlen syndrome
- Frontotemporal dementia, ubiquitin-positive
- G** Gastric cancer  
Gastroesophageal reflux disease  
Guillain-Barre syndrome  
Gaucher disease – prenatal lethal form  
Gaucher disease type 2
- H** Hyperthyroidism  
Hypothyroidism  
\***Huntington's Disease**  
Hypomagnesaemia primary  
Hypophosphate
- I** Infectious oesophagitis (e.g. as in Human Deficiency syndrome [HIV], herpes, candidiasis)
- L** Lead poisoning  
\***Laryngeal carcinoma**  
Laryngeal papillomatosis  
Lhermitte-Comi-Quesnel syndrome  
Lissencephaly, type 1, X linked
- M** Myasthenia Gravis  
Medication-induced oesophagitis  
Mitochondrial neurogastrointestinal encephalopathy syndrome  
Multiple System Atrophy  
\***Multiple Sclerosis**  
\***Muscular Dystrophy**, Duchene and Becker type  
Myasthenic syndrome, congenital, associated with acetylcholine receptor deficiency
- N** Neuromuscular junction disorders  
Nasopharyngeal carcinoma  
\***Neck cancer**  
Nemaline myopathy  
Neurosarcoidosis
- O** Odontoma  
Odontoma – Dysphagia syndrome  
\***Oral pharyngeal disorders**  
Oesophageal cancer  
Oesophageal Diverticulum  
Oesophageal spasm  
Oesophagitis
- P** \***Parkinson's Disease**  
Pseudoadrenoleukodystrophy  
Peptic stricture  
Plummer-Vinson or Paterson-Kelly syndromes  
Presbyesophagus  
Pseudobulbar palsy  
Poliomyelitis  
Poliomyositis  
Post Polio syndrome – muscular atrophy  
\***Palate cancer**  
Pallidopyramical syndrome  
Paraganglioma  
\***Pharynx cancer**  
Primary lateral sclerosis, adult
- R** Radiation oesophagitis, especially after radiation treatments of 4500 to 6000 rad over 6-8 weeks
- S** Syphilis  
Systemic lupus erythematosus  
Schatzki rings  
Scleroderma  
\***Stroke**  
Sensory ataxic neuropathy, dysarthria and ophthalmoparesis  
Shy-Drager syndrome  
Spastic paraplegia 11, autosomal recessive  
Spinal Muscular Atrophy type 1  
Spinocerebellar ataxia 17  
Spinocerebellar ataxia 22  
Spinocerebellar ataxia, autosomal recessive 1  
Striatonigral degeneration infantile  
Supraglottic laryngeal cancer
- T** Traumatic brain injury  
Tetanus  
Tuberculosis  
\***Throat cancer**  
Thyroglossal tract cyst  
Thyroid cancer, anaplastic  
\***Tongue cancer**  
Tongue conditions  
\***Tonsil cancer**  
Tonsil disorders
- U** Ulcers
- V** Vagal Paraganglioma
- W** Wallenberg's syndrome  
Wilson's disease

Slõ Drinks® are commonly used for conditions marked with\*